

ABSTRACT

The invention relates to an agent for preventing, improving or treating hypertension, which exhibits a hypotensive effect, inhibits the rise of blood pressure and improves hypertension, and food for preventing or improving hypertension, which does not become a burden in daily intake, has a higher antihypertensive effect and is useful as a diet during treatment for patients of hypertension. The agent for preventing, improving or treating hypertension contains the following components (A) and (B):

(A) a compound selected from the group consisting of caffeic acid, chlorogenic acid and ferulic acid, and esters and pharmaceutically acceptable salts thereof; and

(B) a component selected from the group consisting of central nervous system stimulating components, food fibers, extracts of perennial evergreen leaves of the genus *Camellia*, *Theaceae*, or *Eucommia ulmoides* Oliver, *Eucommiae*, organic acids having a molecular weight of 60 to 300 (excluding citric acid) and pharmaceutically acceptable salts thereof, and sugar alcohols.